



Outpatient Surgery/Procedure Instructions

National Institutes of Health
Clinical Center

After Your Gynecologic Procedure

For the next 24 hours, or while taking prescription pain medication:

- Do not drive.
- Make no critical legal or financial decisions.
- Do not drink alcoholic beverages.
- Do no heavy lifting or strenuous exercise.

Diet ☐ regular ☐ as tolerated ☐ other _____

Medications ☐ Percocet ☐ Tylenol #3 ☐ Vicodin ☐ Tylenol ☐ Other _____

Activity ☐ regular ☐ no strenuous activity ☐ other _____

Swimming Avoid swimming in public pools for 1 week.

Sexual activity None for a week.

Wound Care ☐ Keep clean and dry. _____
Remove Band-aids tomorrow.

You may have gas pain for a few days. While you do, wear loose, comfortable clothing.

Contact _____ **through the page operator at 301-496-1211**

If you have any of the following symptoms:

- temperature of 101 degrees Fahrenheit or above
- excessive or unusual drainage or bleeding
- general malaise
- severe abdominal pain
- unable to urinate within 6 hours of returning home

Appointments

Follow-up: call **301-451-0671**

Doctor visit (NIH Clinical Center, 5 SWS Day Hospital)



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This information is prepared specifically for patients participating in clinical research at the Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical
Center? OCCC@cc.nih.gov

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